Long Axis Strokes

Freestyle: Knowledge= Power, ownership, oneself and others (peer teaching)
Race Car Analogy: Bigger Engine, Body, Fuel, Driver

Different coaches different philosophies: accepting, work well, not a contest; whatever is best is best...
Athletes need to be coachable: find out what works and what does not...

Freestyle:

What are you looking for?
Body position, Steady Kick, Catch, Being Connected, Pull Pattern, Acceleration, Recovery

Body Position:
Press the "T", Neutral Head Position, Hips up, hiding hips behind shoulders and hiding kick behind hips, keep head still...(Increase speed = increase drag)

Steady Kick: 6 beat kick, always going, reflect effort level.

Catch: Different Strokes for different needs (tool box or a repertoire of skills),
Different Cues, Elbow out, roll over barrel, push elbow over hand,
1 step catch, Grab up Top, (Clumping)

Being Connected: Timing of catch to body roll, straight line, F=M x A

Straight Arm Swimming: open up shoulders, Need to be a good kicker, Oval pattern

Drills Free: Single Arm (swim/equip), 6-10 Count, ACU, Fingertip, Surf Kick, Elevator,
Underwater Recovery, Short Tube work, Socks, Power Buckets

Mix in Equipment for all drills

Backstroke:

Technique is critical (less flaws at faster meets)

What are you looking for?
Body position, Steady 6B Kick, Catch, Being Connected, Pull Pattern, Acceleration, Recovery

Body Position:
Press the "T", Neutral Head Position, slight angle, hiding hips behind shoulders and hiding kick behind hips, keep head still.

Steady Kick: 6 beat kick, Timing with roll.

Catch: Deep, Grab bend elbow so palm facing backward, accelerate, finish-turn-release. Hand finishes below hips

Natural Rotation (don't overdo hip swing), Hand backward, turn over at end
Kick Sequence: arm/leg...

Drills: (no underwater kicks) double Catch, dog paddle, lane line, double arm, single arm, spin drill, Teacup, telescope, Mirror

Short Tube, Socks, Mix Things Up

Short Axis:
This stroke has become faster…rules…style…
Basic: swim downhill, head below hips, quick recovery, long stroke- timing..

Pull then kick…many styles..creating energy and mastering streamline
Pull: Narrow position, go as wide as they can handle strength wise, outside shoulders to catch, sweep back and in
Body position rises but angled, fall into next stroke…the thru straw, hand position during recovery

Breaststroke Kick: 3 dimensional (out/back/down), hip width, lift while hiding lower leg, turn feet out, catch- push is back and down until hip width..bring in to streamline…

Stroke Count: important
Drills: Kick with a board (count kicks), kick underwater, 2K/1P, 3K/1P, Egg beater, underwater
Pull with dolphin, pull/pad, pull pad strap,
Sculling not my favorite
Flip turns/ no pull outs